

Meal Plans

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A **portion** is the amount of an authorized food approximately the size of the palm of your hand or your clenched fist.

The meal plans provided will give you a guideline to follow if you need to lose weight, maintain weight, or gain weight.

Eat a portion of food from each category listed with each specific meal.

Weight Loss Meal Plan

Meal 1: Breakfast (when wake up, before morning workout or before school)

Protein & Carbohydrate portion

Meal 2: Lunch (during school lunch)

Protein, Carbohydrate (2), and Vegetable Portion

Meal 3: Supper (After practice)

Protein, Carbohydrate, and Vegetable Portion

Meal 4: Snack (8-9PM or before practice depending on lunch time)

Protein Portion

Maintain Weight Meal Plan

Meal 1: Breakfast (when wake up, before morning workout or before school)

Protein (2) & Carbohydrate portion

Meal 2: Lunch (during school lunch)

Protein, Carbohydrate (2), and Vegetable Portion

Meal 3: Supper (After practice)

Protein (2), Carbohydrate, and Vegetable Portion

Meal 4: Snack (8-9PM directly before bed)

Protein Portion

Weight Gain Meal Plan

Meal 1: Breakfast (when wake up, before morning workout or before school)

Protein (2) & Carbohydrate portion

Meal 2: (9-10AM during school)

Protein & Carbohydrate portion (Meal supplement bar or drink)

Meal 3: Lunch (during school lunch)

Protein, Carbohydrate (2), and Vegetable Portion

Meal 4: Supper (After practice)

Protein (2), Carbohydrate, and Vegetable Portion

Meal 5: Snack (8-9PM directly before bed)

Protein & Carbohydrate Portion

Water, and juices low in sugar content, should be the majority of your liquids consumed.

A one-a-day vitamin pills should be taken each day

Meats should be either grilled, broiled, roasted, or baked. Stay away from fried foods.

Vegetables can be eaten raw or steamed.

Realize this is a general guideline. Each person's body is different. If you follow these guidelines and find you are not getting the desired results make the correct changes. For instance, if you are trying to gain weight and find you are not with this guideline simply add more good foods to your diet either by adding another meal or adding more food to your meals. If you are trying to lose weight and you are not you need to either cut back on the amount of food or increase the amount exercise you are doing.